

MID Notts - CHATTERBOX

November 2015



Welcome to the first edition of the
MID NOTTS CHATTERBOX
The name was given by the
Health Action Group.

Mid Notts Chatterbox is for people with
learning disabilities (LD), family carers,
paid carers, health and social care
professionals.

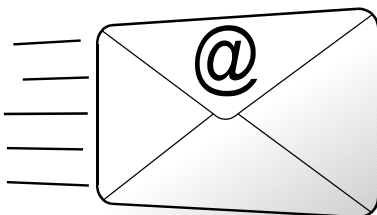
For the last two years we had a newsletter
telling people with learning disabilities and
their supporters about the big health day
in the Newark and Sherwood area.

Mid Nottinghamshire is Newark and
Sherwood, Mansfield and Ashfield areas.
Now we are working more closely across
Mid Nottinghamshire we decided to have
a Mid Nottinghamshire Newsletter.

We want to share news with people to
help each other understand some of the
things happening around health and
social care in the local areas.

We want to make at least one Mid Notts
Chatterbox a year.
If you have something that you would like
to put in the next newsletter please let us
know by contacting:-

Marie McGahey
Primary care Liaison Nurse
Newark Health Centre
NG24 4XG
Marie.mcgahey@nottshc.nhs.uk





Safe Places

Providing safe places in the community where vulnerable people with LD can go if they get into trouble or feel unsafe, frightened or bullied.

Many people with LD have experienced a hate crime; this can affect their ability to access services in the community and lead a full life.

Public premises (like shops, libraries, police stations, pubs) sign up to be officially known as a 'Safe Place'. If a person needs help they can show their Help Card to a member of staff in a **Safe Place**. Someone will then call their emergency contact or the Police, depending on what the problem is.

How does the Safe Places scheme work?

You can carry a **Safe Places Help Card** with your name and emergency contact details. Contact Smile! Stop Hate Crime on **0115 920 9524** to get a **Help Card**.

The scheme is supported by **Notts Police, Notts Fire & Rescue Service, Nottingham City Council and Nottinghamshire County Councils**.



Go into the building and ask for help.



The staff will help you contact your friends, family or the police to get help



Some places that have already signed up are: -

In Newark and Sherwood:

- **Just Beer on Castle Gate,**
- **CVS on North Gate and**
- **Byron House Newark CLDT**

In Mansfield and Ashfield:

- **Mansfield Library**
- **West Notts College (Vision)**
- **Lammas Leisure centre**
- **Aldi Kirkby in Ashfield**

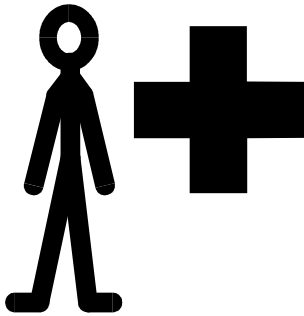
PALS

PALS is the Patient Advice and Liaison Service.

PALS can help you find out about the NHS and voluntary services.

PALS can help you if you have any worries about treatment or want to complain. You can contact PALS by calling

- Free phone **0800 028 3693**
- **Newark Hospital PALS 01636 685692**
- **Kings Mill Hospital PALS 01623 672222**



Community Learning Disability Teams (CLDT)

Newark CLDT 0115 876 0150

is based at Byron House, Newark Hospital Boundary Road, Newark NG24 4DE

Mansfield CLDT 01623 433468

Based at Meadow House, 2nd Floor (South), Littleworth, Mansfield NG18 2TB

Ashfield CLDT 0115 956 0882

Based at 68 Portland Street, Kirkby in Ashfield NG 18 5TF

Community Nurses

LD Nurses are based at every CLDT.

We will visit you or you can come to a clinic to see us.

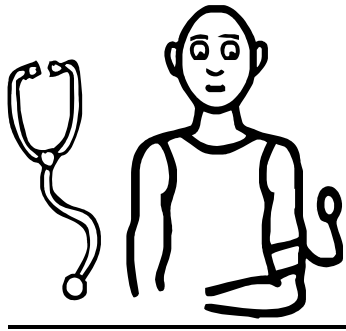
We can help you understand your health needs. Giving advice and guidance about your own physical or mental health conditions and working with other health teams e.g. doctor, hospital, dentist and social services.

We can give health advice to staff who write care plans

We can teach staff new skills to enable them to meet any health needs that you have.

Including:

- Healthy eating
- Sexual Health
- Epilepsy
- Health Screening
- Help with medication
- Emotional and behavioural needs
- Health Action Plans



Claire Henley



Newark Hospital

CLDTs can help you help yourself

Social Care and Health Staff at CLDTs can give you information and advice so you can make choices about what's best for you and your family. You can also get lots of useful ideas from the internet.

Try www.nottshelpyourself.org.uk

Health Checks

Primary Care Liaison Nurses are undertaking an audit of LD health checks within the GP Surgeries.

We are looking at how health checks are delivered and making an action plan to improve practice.

This is on going for 2015 and we will share the results in the new year.

Sherwood Forest Hospitals Trust

The LD acute liaison nurse, Claire Henley covers Newark and Kings Mill hospitals.

Phone 01623 – 622515 ext 6091

email Claire.henley@sfh-tr.nhs.uk

Learning Disability Steering Group:

Claire Henley holds meetings with nurses, people with LD and family carers to feedback to the Safeguarding Adults Board in the hospital and the Learning Disability Partnership Board, and local Health Watch.

During 2014/15 the group has been involved in:

- The group updated the Mandatory Training information booklet & Quiz.
- The group added to the Safeguarding Adult LD Work Plan



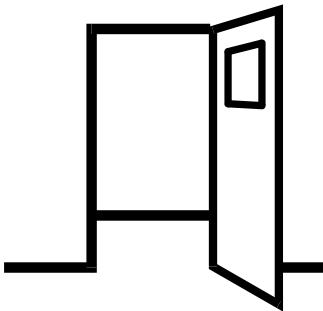
Kings Mill Hospital

- Involvement in the local 'Big Health Days' on 25th June 2014 (to feed into the LD self-assessment Framework). The group gave evidence for the self-assessment.
- Supporting the hospital to make appropriate plans for the Adult Changing Places facility at Kings Mill Hospital (KMH) which opened on 31st March 2015.
- Wrote for the hospital magazine about the LD Steering Group.
- Input to meetings at Newark Hospital regarding better access to lower curbs and access to a parking pay meter – issue now resolved.
- Adapting the LD Risk Assessment
- Input to updating the LD Policy
- Developed a poster raising awareness on 'Autism', how patients on this spectrum may present and reasonable adjustments to make things easier for the patient group. (Wider consultation with local autism specialist team)

Work in progress:

The Single Front Door at Kings Mill Hospital. When going to the emergency department or urgent care you will now go through one door.

Here you will be assessed by a nurse and sent to the right place for your treatment the first time.





Healthwatch update

Healthwatch Nottinghamshire shares the views of local people about the health and care services they get.

You can tell Healthwatch what you think about services and they will try to improve the services.

Healthwatch Nottinghamshire
Units 2-3, Byron Business Centre, Duke Street, Hucknall, Notts NG15 7HP

Tel: 0115 9635179

info@healthwatchnottinghamshire.co.uk

Nottinghamshires Change point obesity prevention and weight management services

The New service started in April 2015.

Eligibility

- People and families with a willingness and motivation to change
- Have to live in Nottinghamshire

A personalised, free local service for weight management for you.

Everyone Health Contact details:

Email :

changepointnotts@everyonehealth.co.uk

Telephone : 03330 05 0092

Website: www.everyonehealth.co.uk



Launch for Self-Care Hub initiative

NEW services offering self-care advice to the public have opened in Mid Notts.

- The Mid-Nottinghamshire Self-Care service is open to anyone over 18 who live or work in the area and it is FREE and CONFIDENTIAL
- It aims to put people in control of their lives by providing information to help them access self-care support.
- The self-care team provides details about voluntary and community support as well as services/activities and groups which can help people to plan a path to achieve better health and wellbeing

People can contact the Hub by telephone **0300 303 2600**, email selfcarehub@selfhelp.org.uk or drop in to talk to a member of the team at one of the self-care hubs in the district.

The self-care hub in **Mansfield** is held at Mansfield CAB, 16 Regent Street, every Thursday from 1-4pm.

The **Ashfield** Hub is open every Monday at the Ashfield Health and Wellbeing Centre on Portland Street, Kirkby in Ashfield from 11am to 3pm.

The **Newark** Hub is open every Wednesday from 11am to 3pm at the Newark Library, Balderton Gate and in North Notts there is a Hub at Lifespring Centre, **New Ollerton** every Tuesday also from 11am to 3pm.

More information is also at www.nottshelpyourself.org.uk/selfcarehub



Better Together update

Plans are being made to change how health and social care services are given in the future.

Patients' needs are most important. Better Together will provide services that work well to make sure that quality services are given in the right place at the right time.

Are you a Carer or does someone care for you?

The Carers Trust East Midlands can provide support to carers who look after people with learning difficulties through the Nottinghamshire Carers Hub.

The Carers Hub can offer:

- Information, advice and guidance
- Signposting to other organisations
- Short break accommodation
- Access to Carers support groups
- Free health and well-being memberships
- Access to Carers breaks
- Free training and caring support
- Carers Smart benefits and discounts
- Carers grants
- Peer support

You can contact the helpdesk by ringing
0115 824 8824



Sherwood Medical Partnership

Clipstone | Farnsfield | Rainworth

Newark and Sherwood News

Sherwood Medical Partnership

Rainworth Surgery joined Sherwood Medical Partnership in May 2015 to help develop local services for Clipstone, Rainworth and Farnsfield.

New Health Centre for Clipstone

The Clipstone Health Centre was short of space and needed a new centre to help patients. The new surgery opened on the 21st September 2015 and is called **Crown Medical Centre**, Crown Farm Way, Forest Town, Mansfield NG19 OFW



Leisure Services in Newark and Sherwood

For more information - Visit the website <http://www.newark-sherwooddc.gov.uk/leisure/>

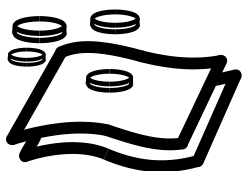
The New Leisure Centre is being built

Helen Ellison has asked us to let her know what activities we would like to see in the new Leisure Centre when it opens. If you or your family members have any ideas of things people with ID want let Helen know as soon as you can.

Helen.Ellison@newark-sherwooddc.gov.uk



Newark Leisure centre on Bowbridge Road



CTR will consider

- 1) Am I safe?
- 2) What is my current care like?
- 3) Are there plans in place for my future?
- 4) Do I need to be in hospital?

Civil War Centre in Newark

Visit the brand new museum on Appleton Gate.

It is wheelchair accessible.

Access For All. See the website.

www.nationalcivilwarcentre.com

Group tours and special rates for 10 or more people can be arranged.

For more information regarding your visit please contact the tourist information centre on 01636 655765

Or email: civilwarinfo@nsdc.info

Prices

Annual Admission £12

Adults £7

Concessions £6

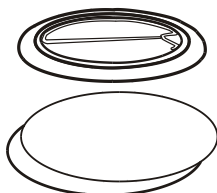
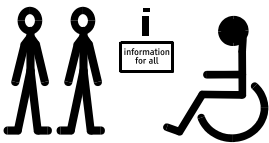
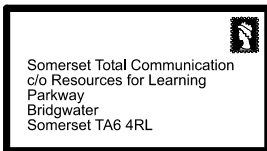
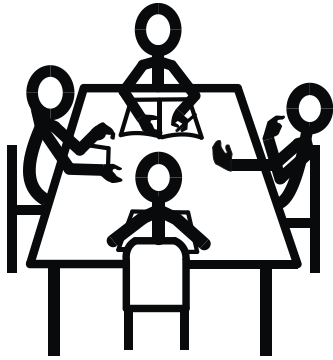
Children (5-16years) £3

(under 5) Free

Care & Treatment Reviews (CTRs)

have been started as part of the NHS England response to 'Transforming Care'. aims of the CTR are to:

- support families and people with LD to have a voice and be equal partners in their own care and treatment pathway
- prevent people with LD being admitted unnecessarily into locked care or inpatient Mental Health hospital beds.



Mansfield and Ashfield News

Mansfield & Ashfield Health Action Group

The Health Action Group met on Tuesday November 4th at Mansfield Day Service.

The group looked at 6 areas that need work. The group talked and agreed 3 areas to work on now.

These are:

- **Easy read appointment letters**
- **Explaining to people and using easy read information.**
- **Waiting times.**

The group then talked about how to make things better for people with LD. The group came up with lots of good ideas.

The Health Action Group discussed a newsletter for people with LD. We talked about what to call the newsletter. The group had interesting ideas like - Keeping In Touch, Sherwood Forester, United. The favourite was '**Mid-Notts CHATTERBOX**'.

Competition

The group want a competition to design a logo. We are asking people to enter a competition to design a badge (logo) for the group. Now that we have a name we want a new logo and invite service users to help by creating a logo for future newsletters.

Please have a go and send your entry to:-

**Steve Shaw, Health and Wellbeing Manager
Ashfield Voluntary Action, Ashfield health and wellbeing centre Portland Street Kirkby in Ashfield Nottinghamshire NG17 7AE**

Or by e-mail s.shaw@ashfieldvoluntaryaction.org.uk



**Healdswood Surgery and Woodside
Surgery will be merging to become:**
SKEGBY FAMILY MEDICAL
CENTRE

From the 1st December 2015 the two practices will be delivering services as one under the name of

Skegby Family Medical Centre.

Letters will be sent to every household registered with the two practices in advance of the move to explain the changes.

Some information you may need to know

- Services will be located in the current Healdswood Surgery
- Both the Healdswood **01623 440144** and Woodside **01623 440666** telephone numbers will be kept so you can call either number to contact the surgery to make an appointment or order a prescription in the same way you currently do.
- As a patient with either of the existing practices **you don't need to do anything.** Your registration will automatically transfer to the new practice. All current services will continue to be provided and you will speak to/be able to see the same GPs/staff plus a few more.